

Posted 2/19/2010

SATURDAY

| | Beach & Buckets | Shallow Area | | Lap Lanes with Diving Blocks | | | | | | | | Deep End | |
|-------|---|--------------|---|------------------------------|---|---|---|---|---|---|------------------|-------------------------------------|-----|
| | | 0.5 | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 0.5 |
| 8:00 | Swim Lessons NO OPEN SWIM | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | |
| 9:30 | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | Swimming Lessons | | |
| 11:30 | | | | | | | | | | | | | |
| NOON | | | | | | | | | | | | | |
| 12:30 | Only Lap Swimming & Swim Lessons are allowed in the swimming pool before noon on Saturdays. | | | | | | | | | | | | |
| 1:00 | Beach Features Are On 1 - 7pm | | | | | | | | | | | Diving Board opens at 12:15pm | |
| 1:30 | | | | | | | | | | | | | |
| 2:00 | | | | | | | | | | | | | |
| 2:30 | | | | | | | | | | | | | |
| 3:00 | | | | | | | | | | | | | |
| 3:30 | | | | | | | | | | | | | |
| 4:00 | | | | | | | | | | | | | |
| 4:30 | | | | | | | | | | | | | |
| 5:00 | | | | | | | | | | | | | |
| 5:30 | | | | | | | | | | | | | |
| 6:00 | | | | | | | | | | | | | |
| 6:30 | | | | | | | | | | | | | |
| 7:00 | POOL IS CLOSED | | | | | | | | | | | | |

SUNDAY

| | Beach & Buckets | Shallow Area | | Lap Lanes with Diving Blocks | | | | | | | | Deep End | | | | |
|-------|---|--------------|-----------------------|------------------------------|---|---|-------------------------|---|---|---------------------------------|---|----------|-----|--|---------------------------------------|--|
| | | 0.5 | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 0.5 | | | |
| 9:00 | Portions of the pool will be closed for swim lessons. | | | | | | | | | Swim Lessons | | | | | | |
| 9:30 | | | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | | Rental - Aquatic Adventures 10-1pm | |
| 11:00 | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | |
| NOON | | | | | | | | | | | | | | | | |
| 12:30 | Please note that on Sundays, the Beach & Shallow Areas as well as some lap lanes will be closed for swim lessons from 9 - 12 p.m. | | | | | | | | | | | | | | | |
| 1:00 | Beach Features Are On 1 - 6pm | | | | | | | | | Diving Board Is Open 1 - 6pm | | | | | | |
| 1:30 | | | | | | | | | | | | | | | | |
| 2:00 | | | | | | | | | | | | | | | | |
| 2:30 | | | | | | | | | | | | | | | | |
| 3:00 | | | | | | | | | | | | | | | | |
| 3:30 | | | | | | | | | | | | | | | | |
| 4:00 | | | | | | | | | | | | | | | | |
| 4:30 | | | | | | | | | | | | | | | | |
| 5:00 | | | | | | | | | | | | | | | | |
| 5:30 | | | | | | | | | | | | | | | | |
| 6:00 | POOL IS CLOSED | | | | | | | | | | | | | | | |
| 6:00 | | | Rental Hollin Meadows | | | | Rental - Hollin Meadows | | | | | | | | | |
| 6:30 | | | | | | | | | | | | | | | | |
| 7:00 | | | Highland Park Rental | | | | | | | | | | | | | |
| 7:30 | | | | | | | | | | | | | | | | |

MONDAY

| | Beach & Buckets | Shallow Area | | Lap Lanes with Diving Blocks | | | | | | | | Deep End | | |
|-------|-----------------|--|--------------------------|------------------------------|-------|--------------|---|---|-------------|---------------------|---|------------------|-----|--|
| | | 0.5 | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 0.5 | |
| 5:00 | | | | Rental - AM | Curle | Burke | | | | Potmaca marlins | | | | |
| 5:30 | | | | | | | | | | | | | | |
| 6:00 | | | | Rental - AM | | | | | | Lap Swim Class | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 7:00 | | | | | | | | | | | | | | |
| 7:30 | | | | | | | | | | Deep Water Exercise | | | | |
| 8:00 | | | | | | | | | | | | | | |
| 8:30 | | Aqua Fit & Tone | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | | |
| 9:30 | | | | | | | | | | Deep Water Exercise | | | | |
| 10:00 | | | | | | | | | | | | | | |
| 10:30 | | Swim Lessons | Arthritis Water Exercise | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | |
| NOON | | | | | | | | | | | | | | |
| 12:30 | | Swim Lessons | | | | | | | | | | | | |
| 1:00 | | | | | | | | | | | | | | |
| 1:30 | | | | | | | | | | | | | | |
| 2:00 | | Swim Lessons | | | | | | | Rental - FB | | | | | |
| 2:30 | | | | | | | | | | | | | | |
| 3:00 | | | | | | | | | | | | | | |
| 3:30 | | | | | | | | | | | | | | |
| 4:00 | | Portions are closed for swimming Lessons | | | | | | | | | | Stroke Mechanics | | |
| 4:30 | | | | | | | | | | | | | | |
| 5:00 | | | | | | | | | | | | | | |
| 5:30 | | | | | | | | | | | | | | |
| 6:00 | | | | | | | | | | | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 7:00 | | Advance Water Exercise | | | | Swim Lessons | | | | | | | | |
| 7:30 | | | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | |
| 9:00 | | POOL IS CLOSED | | | | | | | | | | | | |

TUESDAY/THURSDAY

| | Beach & Buckets | Shallow Area | | Lap Lanes with Diving Blocks | | | | | | | | Deep End | | |
|-------|-----------------|---------------------------------|---|------------------------------|---|---|-------------|-------------|----------------|---------------------|---|--|-----|--|
| | | 0.5 | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 0.5 | |
| 6:00 | | | | | | | | | Lap Swim Class | | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 7:00 | | | | | | | | | | | | | | |
| 7:30 | | | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | | |
| 8:30 | | Aqua Fit & Tone | | | | | | | | | | | | |
| 9:00 | | Arthritis Water Exercise | | | | | | | | | | | | |
| 9:30 | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | |
| NOON | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | Rental - AM | | | | | | |
| 1:00 | | | | | | | | | | | | | | |
| 1:30 | | | | | | | | | | | | | | |
| 2:00 | | | | | | | | | | | | | | |
| 2:30 | | | | | | | | | | | | | | |
| 3:00 | | | | | | | | | | | | | | |
| 3:30 | | | | | | | | | | | | | | |
| 4:00 | S.L. | THURSDAY'S ONLY Swim Lessons | | | | | | | | | | Stroke Mechanics on TUESDAY ONLY Swim lessons on THur | | |
| 4:30 | | | | | | | | | | | | | | |
| 5:00 | | | | | | | | | | | | | | |
| 5:30 | | | | | | | | | | | | | | |
| 6:00 | | | | | | | Rental - CB | | Rental- FB | | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 7:00 | | | | | | | Rental - CB | | | Deep Water Exercise | | | | |
| 7:30 | | | | | | | | | | | | | | |
| 8:00 | | | | | | | | | Lap Swim Class | | | | | |
| 8:30 | | | | | | | | | | | | | | |
| 9:00 | | POOL IS CLOSED | | | | | | | | | | | | |

WEDNESDAY

| | Beach & Buckets | Shallow Area | | Lap Lanes with Diving Blocks | | | | | | | | Deep End | |
|-------|--|------------------------------|--------------------------|------------------------------|---|---|---|-------------|---------------------|---|---|----------|---|
| | | 0.5 | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 0.5 |
| 5:00 | | | | Rental - CB | | | | | Rental - PM | | | | |
| 5:30 | | | | | | | | | | | | | |
| 6:00 | | | | Rental - AM | | | | | Lap Swim Class | | | | |
| 6:30 | | | | | | | | | | | | | |
| 7:00 | | | | | | | | | | | | | |
| 7:30 | | | | | | | | | Deep Water Exercise | | | | |
| 8:00 | | | | | | | | | | | | | |
| 8:30 | | Aqua Fit & Tone | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | |
| 9:30 | | | | | | | | | Deep Water Exercise | | | | |
| 10:00 | | | | | | | | | | | | | |
| 10:30 | | | Arthritis Water Exercise | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | |
| NOON | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | |
| 1:00 | | | | | | | | | | | | | |
| 1:30 | | | | | | | | Rental - FB | | | | | |
| 2:00 | | | | | | | | | | | | | |
| 2:30 | | | | | | | | | | | | | |
| 3:00 | | | | | | | | | | | | | |
| 3:30 | | | | | | | | | | | | | |
| 4:00 | Swim Lessons Area's of the pool will be Closed at this time. | | | | | | | | | | | | |
| 4:30 | | | | | | | | | | | | | |
| 5:00 | | | | | | | | | | | | | Stroke Mechanics and Swim Lessons |
| 5:30 | | | | | | | | | | | | | |
| 6:00 | | | | | | | | | | | | | |
| 6:30 | | | | | | | | | | | | | |
| 7:00 | | Power Water Walking Exercise | | | | | | | | | | | |
| 7:30 | | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | |
| 9:00 | POOL IS CLOSED | | | | | | | | | | | | |

FRIDAY

| | Beach & Buckets | Shallow Area | | Lap Lanes with Diving Blocks | | | | | | | | Deep End | | |
|-------|-----------------|-----------------|--------------------------|------------------------------|---|---|---|----------------------------|----------------|---------------------|---|----------|-----|--|
| | | 0.5 | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 0.5 | |
| 5:00 | | | | Rental - CB | | | | | Rental - PM | | | | | |
| 5:30 | | | | | | | | | | | | | | |
| 6:00 | | | | Rental - AM | | | | | Lap Swim Class | | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 7:00 | | | | | | | | | | | | | | |
| 7:30 | | | | | | | | | | Deep Water Exercise | | | | |
| 8:00 | | | | | | | | | | | | | | |
| 8:30 | | Aqua Fit & Tone | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | | |
| 9:30 | | | | | | | | | | Deep Water Exercise | | | | |
| 10:00 | | | | | | | | | | | | | | |
| 10:30 | | | Arthritis Water Exercise | | | | | | | | | | | |
| 11:00 | | Swim Lessons | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | |
| NOON | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | |
| 1:00 | | | | | | | | | | | | | | |
| 1:30 | | | | | | | | Rental - FB | | | | | | |
| 2:00 | | | | | | | | | | | | | | |
| 2:30 | | | | | | | | | | | | | | |
| 3:00 | | | | | | | | | | | | | | |
| 3:30 | | | | | | | | | | | | | | |
| 4:00 | | | | | | | | | | | | | | |
| 4:30 | | | | | | | | | | | | | | |
| 5:00 | | | | | | | | Rental - CB Starts March 6 | | | | | | |
| 5:30 | | | | | | | | | | | | | | |
| 6:00 | | | | | | | | | | | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 7:00 | POOL CLOSED | | | | | | | | | | | | | |

Beach Features and Diving may be available according to the discretion of the lifeguards on duty
 Limited space is available in the beach area during swim lessons